

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

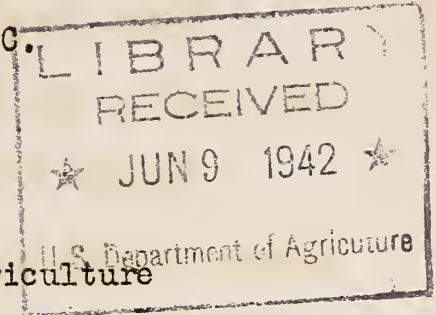
INFORMATION FOR THE PRESS

United States Department of Agriculture

Exp. 6906

RELEASE FOR PUBLICATION :
JUNE 3, 1942 :

WASHINGTON, D.C.



1.9
H 75M

THE MARKET BASKET

by

Bureau of Home Economics, U.S. Department of Agriculture

TAKE ADVANTAGE OF ONION PLENTY

A taste-exciting odor from something a-cooking in the kitchen? More often than not, there's an onion involved.

Maybe it's a suggestion of onion in the hashed potatoes...golden onion rings to serve atop steak...tangy onion soup. Or it could be one of hundreds of dishes. For the onion has almost unlimited culinary possibilities.

As every good cook knows, the chief value of the onion is for its flavor. Perhaps it is most appreciated by women who must plan meals using certain bland but nutritious foods day after day. Onions help them to vary their menus inexpensively. Dehydrated onions are being shipped now under terms of the Lend-Lease Act — to brighten up monotonous wartime meals in countries where practically all food is rationed.

However, onions are not at the foot of the class as far as food value is concerned. In their raw state they have a little vitamin B₁, riboflavin, vitamin C, iron, and calcium. Young, green onions are fair sources of carotene, which the body can change into vitamin A. All onions are high in water content, low in calories.

BIG CROP NOW

On the market now is one of the largest crops of mature onions ever produced

commercially at this time of year. Swelling the Nation's onion supplies are green onions, commercially grown and raised in home gardens.

There are many varieties of onions on the market. But they all fall into two classes, the strong and the mild.

Typical mild type of onion is the Bermuda — large and flat in shape. Bermuda onions are on the market only during the spring. So it's now or not until next April if you want to buy all you want of Bermudas. Don't overstock on them, however. They do not keep well over long periods of time.

Next in importance to the Yellow Bermuda onion on markets now is the Crystal White Wax variety. Also plentiful are numerous other varieties known as "yellows." Small onions known as "boilers," are plentiful.

If you're buying mature onions, look for those that are dry, bright, clean, hard, and well-shaped. Check for moistness at the stem end of the bulb. Moistness here may mean the onion is decaying inside. Naturally, avoid onions that have started to sprout or those that are so misshapen they are wasteful to use.

Buy green onions that have fresh green tops — and medium-sized, well-bleached necks for at least 2 or 3 inches up the root.

Store mature onions where it is cool, dry, and dark. Wash fresh green onions put them to crisp in your vegetable box. If you want to keep onion odor from getting into the rest of the foods in the vegetable box, wrap the onions loosely in wax paper.

ONIONS IN VARIOUS GUISES

Onions fit into the meal all along the line, with the obvious exception of dessert. Now that they are plentiful, try them in soups, serve them with meat, mix them with other vegetables in all sorts of dishes.

To start off a meal, try appetizing onion soup made with meat broth. Chop 6 medium-sized onions fine. Brown them lightly in 2 tablespoons fat. Add 1 pint

boiling water and simmer the onions for about 20 minutes, or until they are tender. Add 1 quart meat broth. Thicken the soup with a mixture of 4 tablespoons flour mixed with 4 tablespoons cold water. Add salt and pepper, cook for a few minutes. Pour soup into bowls, put a slice of toasted bread on top, sprinkle on cheese over all if you like. This makes 6 good servings.

For a quick onion and potato soup, use this method. Dice 3 tablespoons of onions, and 2 cupfuls of potatoes. Add 1 quart of milk. Cook slowly until the potatoes and onions are tender. The starch from the potatoes will thicken the milk somewhat. Thicken more if you like a soup with a little more body to it. Season to taste.

To give cream soups the flavor of onion without spoiling their smooth texture, leave several large slices of onion in the soup during the cooking. Take them out just before you serve the soup.

Onions may be used to the limit of your imagination in salads. Most families consider them "musts" in vegetable salads. Favorite salad partners are cucumbers, finely chopped salad greens, radishes, tomatoes.

Some families like a salad of plain very thin onion slices, with or without cucumber slices, served with a little vinegar over them. If you want to take out some of the strong onion-flavor beforehand, soak them for awhile in salt water. Add these "vinegar" onions to other salads for a little different taste.

A good-looking salad and one that's a favorite with a number of persons is made of plain orange slices and plain onion slices — arranged alternately on a lettuce leaf.

To brighten up bland boiled potatoes or rice, try an onion sauce. Cook a cup of chopped or finely sliced onions in 2 to 3 tablespoons of fat. After the onion turns a little yellow add 2 to 3 tablespoons of flour and stir until it is

well-blended. Then gradually add a pint of cold milk. Stir and cook until it is smoothly thickened. Season to taste with salt and pepper. Just before you serve the sauce, add chopped parsley or chopped celery tops if you like them.

Fry sliced raw onions with carrots. Combine sliced raw onions with canned tomatoes in a stewed or scalloped dish. Scallop boiled, sliced onions with ground peanuts. Put alternate layers of the onions and the peanuts and the sauce. Cover the top with buttered crumbs and bake in a moderate oven for about 20 minutes.

For a dish that's worth the little extra time it takes -- try onions stuffed. Skin large onions and cut them in half, crosswise. Simmer these onion halves in salted water until they are almost tender. Remove the center rings without bothering the outer layers of the onion. Chop the onion centers fine. Cook some celery or parsley in fat for a few minutes. Add bread crumbs, salt, pepper, and the chopped-up onion. Bake in a moderate oven for about 30 minutes -- until the onions are tender. For a more filling dish, use chopped meat or fish or baked beans in place of the bread crumbs.

Many a good onion dish starts with plain boiled onions. Boil onions in a large amount of salted water and cook them only until they are tender. Serve them buttered. Or cream them by using white sauce.

INFORMATION FOR THE PRESS

United States Department of Agriculture

RELEASE FOR PUBLICATION :
JUNE 10, 1942 :

WASHINGTON, D.C.

LIBRARY
RECEIVED

★ JUN 9 1942 ★

U. S. Department of Agriculture

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

WARTIME FRUIT CANNING

1.9
H 75M

"Stretch your ration of canning sugar to the limit," Dr. Louise Stanley, chief of the U.S. Department of Agriculture's Bureau of Home Economics, urges the Nation's homemakers.

"The special sugar allowed for canning fruit has been issued you in trust-- so that you may keep good food from going to waste. Every jar of fruit you put up helps lighten the load on commercial canneries and helps relieve overworked transportation facilities.

"But remember, sugar supplies still are limited. Sugar still is being brought to the United States at great risk to the lives of many of our countrymen. So use your canning allowance carefully.

"Keep in mind that sugar is not needed in canning to keep food from spoiling. But it does help fruit hold its color and flavor."

In the following paragraphs, Dr. Stanley gives some sugar-saving suggestions for the 1942 fruit canning season.

PACK FRUIT HOT

Cook the fruit first in an open kettle, then pack it hot into jars in its own juice. That way you'll need much less sugar than if you pack the fruit cold, then cover it with a sugar-and-water sirup. By sweetening the fruit slightly, then heating it, you can draw out juice from the fruit itself, in many cases make it unnecessary to can any added water.

Incidentally, packing fruit hot into containers accomplishes two other purposes. The precooking shrinks the fruit and makes it possible to make more economical use of limited jar space and rubbers. And it also cuts down on the time you have to process fruits in the water bath to kill the bacteria that may cause spoilage. A quart of precooked berries, for instance, need be processed only 5 minutes. Berries packed raw and covered with hot sirup need 20 minutes processing in a water bath.

JUICY FRUITS

To draw out the juices of fruits such as cherries, berries, plums--sweeten the fruit slightly, then heat it very slowly, just to the boiling point. Keep it from scorching by stirring it from time to time if you set the pan of fruit directly on the stove. Or set the pan of fruit in another pan of hot water to precook.

Usually, it's best to separate the riper fruits from those that are less ripe. Then you can crush these riper fruits, heat them, and extract juice from them. Preheat the less ripe fruit, which you have set aside, in this juice. Add sugar to sweeten slightly if necessary. Fill the jars. Make sure there is plenty of juice to cover the fruit. Process in a water bath.

If you like--crush all the fruit and heat it as suggested above. Add sugar or not as you like and can this crushed fruit to use later in shortcakes, frozen desserts, puddings, and pies.

LESS JUICY FRUITS

Certain varieties of peaches and pears may not yield enough of their own juice to make the canning liquid. You'll get more juice from these fruits if you slice them and add a little sugar before you precook them. If there isn't enough juice to cover the fruit in the cans--use sirup to fill the jar--a sirup made from 1 or more cups of sugar to 1 quart water. Since you have preheated the fruit and

extracted some juice from it, you will not need so much sirup as you do when you pack the fruit cold. To complete the canning, process the fruit in a water bath.

USING HONEY OR CORN SIRUP

If you like, half of the sweetening you add to fruits for canning may be honey. Or up to one third of the sweetening may be corn sirup. Naturally, it isn't practical to substitute both honey and corn sirup for sugar in the same can of fruit.

- - S - -

THE
UNIVERSITY OF CHICAGO
LIBRARY
1100 EAST 58TH STREET
CHICAGO, ILL. 60637
TEL. 733-7321
1968

INFORMATION FOR THE PRESS

United States Department of Agriculture

1, 9
H 75-M

RELEASE FOR PUBLICATION :
JUNE 24, 1942 :

WASHINGTON, D.C.

THE MARKET BASKET

by
Bureau of Home Economics, U.S. Department of Agriculture

TO KEEP WASHABLE DRESSES SHIP-SHAPE

A new summer season is once again spotlighting a wardrobe of cool, comfortable dresses. This year, however, it is wartime as well as summertime. Although neat grooming is as necessary as ever, if not even more so, many women are now working longer hours and have less time to keep their clothes in good condition.

In order to give her washable frocks the chance to look their best, the busy woman must take care of them well even though her time is limited. Here are some tips from textile and clothing experts, Bureau of Home Economics, U.S. Department of Agriculture, on ways to do this with the best results.

TREAT YOUR DRESSES WITH CARE

The care you give a dress, whether it is cotton, silk, or rayon, has much to do with the way it looks and how long it wears. Be gentle with your frocks. Don't pull or yank when putting on or taking off a dress. The best of seams will give way if you pull hard enough and the dress fabric may also break.

If you do rip a seam, or get a hole or tear in a dress, mend it right away before the damage can get any worse. You can darn many holes and worn places so that the mend is hardly noticeable. When patching a print dress, match the patch with the print so it will be less obvious. A stitch in time will also catch a loose button and may save you from having to replace a whole set.

Give your dresses enough closet room so they will not be crowded. A little space between each garment helps to hold the press and preserves the fabric from getting that stringy look. Hang up a dress as soon as you take it off. Use hangers as near the shape of your dress shoulders as possible. Wooden or padded hangers are generally best.

Unless your closet is exceptionally well ventilated, hang a dress where air can circulate freely around and through it before you put it away. This is very important in hot weather when frocks are often damp with perspiration.

Before you hang up a frock be sure to fasten it enough so it will not sag out of shape. This also prevents anything from catching and snagging on hooks, buttons, and zippers. Remove the belt from a dress and hang it separately. If it has a buckle, suspend it by this from the hook part of the hanger -- if not, drape it over the rod section. If left on the dress, the belt's weight sometimes pulls too heavily on the dress material, and makes wrinkles.

When traveling, pack dresses loosely with tissue paper between folds and in the sleeves. Unpack and hang up dresses as soon as you can. In some fabrics, creases caused by packing will soon disappear, especially if the weather is damp.

LAUNDER WASHABLES CORRECTLY

Washable dresses are most satisfactory for general summer wear because you can cleanse them thoroughly. But when laundering a dress, be sure you know the kind of fabric of which it is made before you put it into water. Some fabrics require special care.

Close all zippers before laundering a frock. Check on trimmings, buttons, and other fastenings also to make certain they are washable -- if not, take them off the dress before it goes into the tub. Some buttons are not colorfast, for instance, and others do not look well after a tubbing.

Wash cottons and washable silks and rayons in warm water, never in hot water. Use a mild soap that will not affect the color, and rinse thoroughly. Squeeze rayons in the wash water when laundering them. Never rub rayons because some types are weak when wet. Also watch out for colors that might run. If fabrics are not labeled colorfast to washing, the colors may fade or "bleed" into other garments.

In case you have a frock with colors that might "bleed," wash it separately and as quickly as you can. Then roll it in a towel and squeeze gently to remove surplus water. Take it out and dry it as soon as possible. Iron when the frock is almost dry.

If you use a wringer for some of your more sturdy dresses, put them through wrong side out or turn buttons under so they cannot be easily caught or broken. Also make certain that buttons are flat and be on the lookout for anything that might cut or snag the fabric.

Hang washable frocks outdoors in the shade to dry. Never hang them in the sun -- some colors might fade. If you prefer, put your better dresses on hangers inside the house but where air can reach them. Sheer wash frocks look better if rolled in a turkish towel immediately after washing, then ironed at once.

When ironing, watch the temperature of your iron. Do not let it get too hot. Some fabrics, such as acetates and nylon, will melt under a hot iron, and all materials can be scorched. Keep in mind the pressure you are using on your iron also. Fabrics with rough weaves look better if not pressed down flat.

Materials such as linens, linen-like rayons, rayon sheers, acetates, crease-resistant fabrics, shantung weaves, dotted swiss, and cotton seersucker are examples of those which look better if ironed on the wrong side. In fact, this applies to any fabric with a rough texture. It prevents shine and also brings out the fabric texture more than ironing on the right side.

